

The SHEPPARD SENATOR

Sheppard Air Force Base, Texas, home of the 82nd Training Wing and 80th Flying Training Wing

Inside look

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Navy creates new command to train for the future....Page 11

In the news

Officers club to host Sunday brunch

The officers club is scheduled to host a Sunday Brunch from 10 a.m. to 2 p.m. All ranks are welcome. Cost is \$10.95 for members and \$12.95 for non-members. Membership pays! For more information, call 6-6460.

Memorial service scheduled for airman

A memorial service will be held today at 3 p.m. at the base theater to honor one of Team Sheppard's airmen.

Airman 1st Class Derick D. Dunaway was killed in a motorcycle accident July 3.

NCOs sought to write exam

Air Education and Training Command is soliciting AETC chief master sergeants, and chief master sergeant selects to volunteer to write the United States Air Force Supervisory Examination for two upcoming projects. Each is a 32-day temporary duty plus travel time.

The first TDY is from Oct. 7 to Nov. and the second is from Jan. 27 to Feb. 27. Both will be held at the Air Force Occupational Measurement Squadron, Randolph Air Force Base, Texas.

Only a few highly qualified senior noncommissioned officers are selected to participate as subject-matter experts in the test development process. Interested personnel should contact 1st Lt. Timothy Hughes at extension 6-4676 for more information.



Photo by 2nd Lt. Ellen Harr

Bulgarian Capt. Yavor Nedyalkov and 90th Flying Training Squadron instructor pilot Capt. Bradley Seger look on as Bulgarian pilot Capt. Milen Petkov and egress instructor Staff Sgt. Lance Dreiling inspect a parachute at the 361st Training Squadron. Captains Nedyalkov and Petkov are part of an exchange program between the United States and Bulgaria to gain an understanding of how pilot training is conducted at the 80th Flying Training Wing.

Bulgarian pilots tour Sheppard

By 2nd Lt. Ellen Harr

Base public communication

Two pilots from Bulgaria began touring Sheppard as part of a pilot exchange program to evaluate how pilots are trained in the United States.

Capt. Milen Lyubenov Petkov and Capt. Yavor Dimitrov Nedyalkov, L-39 Albatross instructor pilots from the Bulgarian air force, arrived July 7 and will depart for home Thursday.

During their time at Sheppard, Captains Petkov and Nedyalkov will tour the base and fly with all three squadrons in the 80th Flying Training Wing. This will

give them experience in all three training aircraft belonging to the 80th FTW: the T-37, T-38 and AT-38.

"We're here to see your work, how your instructor pilots train the students and how they fly," Captain Petkov said. "We hope to fly with all your training squadrons."

Captain Petkov is a flight commander in Unit 24870 at the 12th Training air base at Kamenets, Bulgaria. He graduated from Benkovsky Air Force Academy with a pilot specialty. He is qualified as a Pilot 3rd Class and has flown 430 hours in the L-39 since 1993.

Captain Nedyalkov is an inspector

from the flight tactics and training section in Unit 24870 at the 12th Training air base at Kamenets, Bulgaria. He graduated from Benkovsky Air Force Academy with a pilot specialty and served as an instructor pilot from 1990 to 1995. He is qualified as a Pilot 1st Class and has flown 900 hours in the L-39.

Captains Petkov and Nedyalkov viewed base facilities, including the recreation areas, housing and the egress and survival equipment systems training at the 361st Training Squadron.

After their tour of the base, both pilots

See BULGARIA, Page 3



Team Sheppard Training 2003



82nd Training Wing: 37,125 students trained to replenish America's combat capability

80th Flying Training Wing: 103 combat pilots trained for the NATO Alliance





Photo by Ms. Sandy Wassenmiller

Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, presents the Air Education and Training Command Surgical Services Noncommissioned Officer of the Year Award to Staff Sgt. Jeffrey Wilcox, advanced medical readiness instructor here. Sergeant Wilcox went on to win the Air Force-level award.

Action Line 6-2000, action.line@sheppard.af.mil

The 82nd Training Wing's Action Line is your direct line to me for any concerns and suggestions you have.

I am personally involved in every reply, and I am committed to making Sheppard Air Force Base a better place to live, work and play.

Before you call the Action Line, however, I ask that you give your chain of command or other base agencies an opportunity to work your concerns. If you still do not receive a satisfactory response, call me at 6-2000, or send an e-mail to

action.line@sheppard.af.mil. Please include your name and telephone number.

Those concerns with a wide impact at Sheppard may be published in *The Sheppard Senator*.

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Served by Services: *Services Team helps create true quality time*

By Brig. Gen. Arthur Rooney Jr.

82nd Training Wing commander

A few weeks ago I attended one of Sheppard's Leadership breakfast events.

Mr. Jim Hale, our services director, was speaking on relationships and how important healthy relationships are in our personal and professional lives.

In his presentation he threw out a statistic that stuck with me. He said that research indicates that working parents spend only about three and a half minutes of quality time with their family members per day.

Surely this couldn't be true! That night I timed my quality interaction with my son Russell. Total quality time: one minute, 45 seconds.

Mr. Hale was right. I vowed to do something about this.

"Hmmm....," I thought, "Russell always wanted to fish."

Lake Texoma is Sheppard's recreation site. It's only about 130 miles away, but you can make it in one hour and 45 minutes. Be careful though, there are plenty of friendly police officers between here and there that will remind you to slow down.

At Lake Texoma there are cabins, recreational vehicle hook-up sites or you can rough-it in tents.

Available to rent are paddle boats, ski boats and even family pontoon-style boats. There's only one TV channel so you won't need a remote—that's not an issue because the best show around is the stars,

the crickets and the abundant deer.

It was while we were at Lake Texoma that I saw just how much quality time our services folks can create with family members.

Not only were the facilities top notch, but the customer-service oriented employees made our stay truly special.

Sylvia, for example, explained how to hook a minnow between the eyes, how deep to place our lines—even the best places to catch a big fish.

Soon Russell had the fish he'd been seeking for a year...and I was the hero!

But Sylvia wasn't the only Services member who stood out. Lloyd expertly explained speed boat operations to us and directed us to the best places to ski. That afternoon

all the Rooneys took turns skiing around the lake. It was a blast!

Nancy knows every camper by name and is always making the rounds to see if they need anything. She supervises programs like paddle-boat races, crafts for all ages and a great fishing tournament for kids.

Anne and Sheila cook a mean breakfast and lunch at prices you can't beat. After all, you are on vacation!

Ron runs the place and lives at Lake Texoma year-round. As the manager, he loves what he does and appreciates his great team.

The Rooney family spent three nights and four days together. I spent days, not minutes, of quality time with my family thanks to Services. I was truly "served" by Services.

It was thanks to their hard work and dedication that my time with Russell was quality time and not merely a few minutes squeezed in before bed.

Thanks guys for making sure we're not a statistic!

Our Services professionals proudly serve Team Sheppard each and every day at home station or deployed.

They work hard to ensure that you and your family have places like Lake Texoma to build the most important relationships in your life.

Next time you read *The Whirlwind* or read about an event on the marquee, I hope you'll be reminded how Team Sheppard Services can help you serve up some quality time with your family....minute by minute.



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PreKoting the environment

By 2nd Lt. Brooke Brander

Base public communication

The 80th Flying Training Wing has taken a more environmentally friendly approach to refinishing aircraft with the use of PreKoteTM, a Pantheon Chemicals product.

Sheppard recently switched from acid/alodine to PreKoteTM, changing from a chemical process to a mechanical process. PreKoteTM is a three-step process that is applied to the plane after the paint has been stripped and before the primer is applied.

PreKoteTM is a metal treatment that ensures the primer and paint adhere to the plane as well as prevents metal corrosion on the plane.

Acid/alodine, which contains the heavy metal hexavalent chromium, was used in the past by the 80th FTW to treat the T-37 and T-38 aircraft.

Mr. Jake Jacobson, Lear Siegler Industries environmental, safety and health supervisor, said acid/alodine accrued large costs in hazardous disposal fees and had to be handled carefully by corrosion specialists

who applied the chemical.

Mr. Mark McBurnett of the 82nd Civil Engineer Squadron environmental flight said the new treatment would be safer for workers.

"Sheppard's switch to PreKoteTM has streamlined the painting process and reduced our regulatory oversight," he said. "The workers no longer have to handle acid, hexavalent chromium, or alcohol and we've replaced them with safer products."

Mr. Jacobson said the benefits from switching from acid alodine to PreKoteTM include: a more environmentally friendly product; a drastic reduction in final waste cost of approximately \$14,500 per quarter; reduced product and application cost; and an all around safer product with human exposure concerns cut drastically.

A Sheppard master sergeant said the treatment is another example of the Air Force looking for ways to create a safe workplace for employees.

"Anything we can bring into the maintenance environment that is going to benefit the safety



Photo by 2nd Lt. Brooke Brander

Dong Nguyen, a corrosion specialist for Lear Siegler Industries, applies the first of three applications of PreKote TM to a T-38 Talon during a demonstration for Tinker Air Force Base. Sheppard and LSI recently made the move to the newer chemical to ensure primer and paint adhere to the surface better while protecting the environment at the same time.

of the employees, the environment and also has cost savings is tremendous," Senior Master Sgt. David Nelson, 80th FTW aircraft maintenance superintendent, said. "The Air Force is always looking for ways to do that."

Members of Tinker Air Force Base, Okla. visited the 80th FTW June 17 to observe the application of PreKoteTM to a T-38.

Mr. McBurnett said the team from Tinker was here to learn more about the PreKoteTM

application process for possible use on their AWACs, KC-135s and occasional B-52s.

Sheppard is the second Air Education and Training Command base to switch to PreKote, following Columbus Air Force Base, Miss.

Siniscalchi takes command

By Airman Jacque Lickteig

Base public communication

The former commander for the 17th Medical Group, Good-fellow Air Force Base, Texas, took command of the 882nd Medical Group Tuesday morning in a change-of-command ceremony at the parade field.

Col. Kimberly Siniscalchi took command from Col. Jeanie Kearney, who is retiring to Colorado after 26 years of military service.

Colonel Siniscalchi began her career as a nurse in 1980 and has served in various positions throughout her career including charge nurse, staff nurse, chief of a nurse recruitment branch and White House nurse.

She was also chief of medical support operations at Fort Detrick, Md., and commander of the 11th Medical Operations Squadron at Bolling Air Force



Photo by Ms. Sandy Wassenniller

Col. Kimberly Siniscalchi addresses Team Sheppard members after accepting command of the 882nd Training Group from retiring group commander Col. Jeanie Kearney Tuesday.

Base, Washington, D.C.

Colonel Siniscalchi was commissioned through the Air Force Reserve Officer Training Corps Scholarship Program at the University of Pittsburgh in Pennsylvania. She earned a Master of Science degree in nursing at the University of

Nebraska Medical Center.

Colonel Siniscalchi's military awards and decorations include the Defense Meritorious Service Medal, the Meritorious Service Medal with three oak leaf clusters and the Air Force Commendation Medal with two oak leaf clusters.

BULGARIANS

Continued from Page 1

described some of the differences between Sheppard and their home base.

"Everything here is much larger, including the land area, the buildings, the number of people and the number of aircraft," Captain Petkov said.

"Everything seems different," Captain Nedyalkov added. "But we're here to make these differences minimal. Pilots everywhere are the same."

The visit is part of an exchange program between Bulgaria and the U.S. to let pilots from each country become more familiar with the roles and responsibilities of instructor pilots in the training environment.

Junior leaders from the American and Bulgarian air forces, both NCOs and officers, participate in the exchanges and shadow familiarizations to promote mutual understanding

between the two countries.

Currently, units from two air bases in Bulgaria and active duty Air Force and Air National Guard bases in the United States participate in the exchanges.

Capt. Bradley Seger, assistant operations officer and an instructor pilot in the 90th Flying Training Squadron, recently spent a week in Bulgaria to observe how they conduct pilot training.

"The training is actually very similar," he said. "Probably the amount of training is the largest difference. Just the sheer number of students we graduate from 13 countries represented here at ENJPT is much greater."

Captain Seger agreed with Captain Nedyalkov it doesn't matter where pilots come from, there's only one way to fly. Although technology is different, pilots aren't.

"As Captain Nedyalkov said, pilots are probably the one thing that is the same between our two countries," he said.

Technical, master sergeant promotions

372nd Training Squadron Technical Sergeant

Det 1, Seymour-Johnson Air Force Base, N.C.
Smith, Nathan
Det 2, Shaw Air Force Base, S.C.
Puskar, Frederick
Simmons, Ronald
Det 3, Hill Air Force Base, Utah
Haynes, David
Popp, Philip
Det 4, Tyndall Air Force Base, Fla.
Bertrand, Orin
Smith, Stuart
Whitley, Rahmann
Det 6, Whiteman Air Force Base, Mo.
Mariani, Vincent
Det 8, Ellsworth Air Force Base, S.D.
Cortez, Robert
Powers, Scott
Det 9, Cannon Air Force Base, N.M.
Minchew, Christopher
Det 10, Holloman Air Force Base, N.M.
Pina, Eric
Det 11, Davis-Monthan Air Force Base, Ariz.
Acosta, Charles
Kruzelnick, Brian
Melton, Steven
Rogers, Eddy
Thiele, Duane
Det 12, Luke Air Force Base, Ariz.
Christensen, Clay
Cobb, Jeffrey
Gray, Gina
Ridgway, Spencer
Segebart, Dennis
Det 13, Nellis Air Force Base, Nev.
Birchard, Donald
Martin, Drew
Tann, Ronald
Det 14, Elmendorf Air Force Base, Alaska
Jernigan, William
Det 14A, Eielson Air Force Base, Alaska
Nelson, Bryan
Det 15, Kadena air base, Japan
Schuck, Michael
Det 16, Lakenheath air base,

England
Ashby, Marcus
Kiser, Nathaniel
Det 17, Spangdahlem air base, Germany
Dudmore, Dustin
Jones, Thomas
Det 17A, Ramstein air base, Germany
Philpott, Joshua
Det 18, Langley Air Force Base, Va.
Blackmore, Darrell
Brooks Brian
Det 20, Dyess Air Force Base, Texas
Katona, Richard

372nd Training Squadron Master Sergeant

Det 1, Seymour-Johnson
Garretson, Calvin
Shuster, Timothy
Det 4, Tyndall
Burke, Jeffrey
Rickerd, Michael
Det 5, Barksdale Air Force Base, La.
Beumer, Daniel
Coffman, Jeanine
Pitts, Eric
Det 7, Mt. Home Air Force Base, Idaho
Wojtowicz, Anthony
Det 11, Davis-Monthan
Drennen, Kevin
Harris, Donald
Det 12, Luke
Boffman, Douglas
Carrion, Joseph
Chaco, Michael
Cook, Troy
Fenger, Gregory
Det 13, Nellis
Ash, Stephen
Det 14, Elmendorf
Campbell, William
Madison, David
Det 15A, Misawa air base, Japan
Webb, Gary
Det 16, Lakenheath
Ehardt, Richard
Sanders, Tracy
Shaffer, Edward
Det 16A, Mildenhall air base, England
Rucker, Charles
Det 17A, Ramstein
Yarcho, Thomas
Det 17B, Aviano air base,

Italy
Michaud, Edward
Soukis, Achilles
Det 18, Langley
Angelotta, John
Det 19, Eglin Air Force Base, Fla.
Grover, James

373rd Training Squadron Technical Sergeant

Det 1, McGuire Air Force Base, N.J.
Whitehead, Anthony
White, David
Det 2, Pope Air Force Base, N.C.
Havens, Aaron
Smith, John D.
Det 3, Dover Air Force Base, Del.
Rigg, Christopher
Stiker, Donald
Swaney, Kane
Williams, Steven
Det 4, Little Rock Air Force Base, Ark.
Hewitt, Vaughn
Horton, Charles
Sisk, Kenneth
Det 5, Charleston Air Force Base, S.C.
Rawn, Bradley
Spotts, Richard
Det 6, Robins Air Force Base, Ga.
Blurton, Jason
Det 7, Hurlburt Air Force Base, Fla.
Barbe, Todd
Miller, Anthony
Nakagawa, Douglas
Det 8, McConnell Air Force Base, Kan.
Wambeke, Barry
Morgan, Larry
Narconis, Thomas
Polk, Jeremy
Det 9, Tinker Air Force Base, Okla.
Beat, Theresa
Heins, Mark
Det 11, Offutt Air Force Base, Neb.
Lewis, Troy
Det 13, Fairchild Air Force Base, Wash.
Raymo, John
Det 14, Travis Air Force Base, Calif.
Johnson, Craig

Horay, William
Hensley, Bennie
Stuch, Eric
Dowell, Daniel
Lawrence, Ken
Det 15, Beale Air Force Base, Calif.
Kidd, John
Oller, Barry
Det 16, Kirtland Air Force Base, N.M.
Herbert, Richard
Legato, Joseph

373rd Training Squadron Master Sergeant

Det 2, Pope
Savoie, Phillip
Det 3, Dover
Gawthrop, Glenn
Det 4, Little Rock
Adcock, Ira
Chaisson, Timothy
Siler, Duncan
Det 5, Charleston
Delgadillo, Antonio
Lemon, Thomas
Papke, Colin
Richardson, John
Smith, Frederick
Det 6, Robins
Aman, David
Det 7, Hurlburt
Berry, Deborah
Devlin, Andrew
Det 8, McConnell
Yerger, Chad
Det 10, Grand Forks Air Force Base, N.D.
LeMay, Chadwick
Det 12, McChord Air Force Base, Wash.
Jackson, Charles
Chacon, Roberto
Bender, Tracy
Det 13, Fairchild
Eckles, Bradley
Quagliariello, Vincent
Rogers, Andrew
Wren, Terrence
Det 14, Travis
Rowe, Steven
Det 16, Kirtland
Thurber, Robert

Achievers 372nd TRS Quarterly Award winners announced

Eight 372nd Training Squadron Quarterly Awards were handed out for the second quarter recently.

Capt. Michael Wigen, Det. 11, Davis-Monthan Air Force Base, Ariz., won the Company Grade Officer of the Quarter Award.

Master Sgt. Charles Liljestrand, Det. 11, won the Senior Noncommissioned Officer of the Quarter Award.

Staff Sgt. David Sublette, Det. 11, won the Non-commissioned Officer of the Quarter Award.

Staff Sgt. Gina Gray, Det. 12, Luke Air Force Base, Ariz., won the Junior Military Training Leader of the Quarter Award.

Det. 14A, Eielson Air Force Base, Alaska, won the Detachment Operating Location of the Quarter Award.

Master Sgt. Randy Dorris, Det. 11, won the Detachment Operating Location Chief of the Quarter Award.

Master Sgt. Ronald Corrado, Det. 14A, won the Senior Instructor of the Quarter Award.

Tech. Sgt. Robert Haun, Det. 14A, won the Non-commissioned Officer Instructor of the Quarter Award.

Lunch and Learn slated for Wednesday

Ms. Liz Miller, a Wichita Falls realtor and author of two books, will be the guest speaker at Wednesday's Lunch and Learn session at the officers club. The topic of discussion will be about how to better manage time.

Ms. Miller will provide instruction on how to overcome time management issues. As the founder of Woman Time Management Seminars and the author of "I Just Need More Time," Ms. Miller has appeared on television shows including Phil Donahue and CNN.

The Lunch and Learn session is scheduled to begin at 11:30. For more information, contact Tech. Sgt. Kevin Keehnen at 6-7317.

GI Bill increases possible

Current active duty participants in the Montgomery GI Bill could increase their benefits by \$5,400.

Members could contribute a maximum of \$600, which would provide \$150 per month for 36 months. The current full-time rate would increase from

\$900 per month to \$1,050.

To take advantage of this program, all contributions must be made while on active duty.

Members who converted to the MGIB from the Veterans Educational Assistance Program are not eligible to contribute.

For more information, contact the education services center at 6-6231 or visit with a counselor at Bldg. 402, room 306.

John Tower enrollment to begin

Enrollment for Pre-K through 6th-grade at John Tower Elementary is scheduled to begin July 23.

Parents may enroll their Pre-K students from 8:30 a.m. to 2 p.m. July 23. The enrollment for all new students will be held July 24 from 8:30 a.m. to 2 p.m.

A "Meet the Teachers" event will be held at the school Aug. 1 from 2 p.m. to 3:30 p.m.

82nd SFS combines functions

Security forces has combined pass and registration, information security and personnel security. They will be

located in Bldg. 402 in room 154. This will provide the base populace with a single location to complete security clearances, inquire about information security issues and register vehicles and weapons. Bldg. 402 is located centrally on the base.

Base transportation offers rides

Base transportation offers free transportation to those who are traveling for official business and need a ride to and from a location on base or a contract location off base.

The hours of operation are Monday through Friday from 4 a.m. to 1 a.m. and Saturday, Sunday and holidays from 8 a.m. to 11 p.m. For transportation, call 6-1843 or 6-6813. Those who need a ride to and from lodging when base transportation is closed should call lodging's front desk at 6-1844.

Scholarship essay deadline approaching

Entrants for the 2003 Air Force Club Membership Schol-

arship Program have until Tuesday to turn in their essays to the base services commander or division chief.

The essays must be 500 words or less on the following topic: "Air Force Clubs-Help us make members first." Submissions should be on standard white bond paper with 1-inch margins and 12-point Arial, Times New Roman or Equal fonts.

The base services commander or division chief can submit no more than two essays. The commander must have the chosen essays at Randolph Air Force Base, Texas, no later than Aug. 10.

Housing maintenance

Housing maintenance is provided by a civilian contractor and is monitored for quality assurance under the Customer Complaint Program.

For comments or complaints about problems that are not handled in a timely or courteous manner, file an Air Force Form 714, Customer Complaint Record, to voice your concerns or complaints.

You may also voice your

complaints by calling quality assurance personnel Ms. Dianne Brewer at 6-2708 or Ms. Joyce Walters at 6-5769.

\$1,000 Foundation scholarship available

Any Air Force active duty, Reserve or Guard members is eligible for a \$1,000 scholarship to be used in the pursuit of a master's degree.

The Capt. Jodi Callahan Memorial Scholarship is provided by the Aerospace Education Foundation. The scholarship is available to enlisted and officers.

The deadline for applications is July 31. The winner of the scholarship will be announced in September.

Applications can be picked up at the education services center in Bldg. 402, room 306 or at www.aef.org. Click on financial aid and then scholarships.

For more information or questions about the program, contact AEF representative Jancy Bell at (800) 727-3337, ext. 5801 or an ESC counselor at 6-6231.

Student Activities

Happenings on base and in the community

Student center events

Every Monday, 6-8 p.m. - Jam Session, bring your own instrument/equipment, free.

Every Tuesday, 5-9 p.m. - Video Night in the pub, free.

Every Wednesday, 7-9 p.m. - Variety Dance Night in the pub. Listen to Latin, hip-hop and R&B music, free.

Every Thursday, 7-9 p.m. - Karaoke Night, free.

Every Friday and Saturday, 7 p.m. to 1 a.m. Club BDU dance, \$3 per person.

Every Sunday, 3-5 p.m. - billiards tournament in the ballroom, \$2 per person.

Hours of Operation

Monday-Thursday: 10:30 a.m. to 10 p.m.

Friday and Saturday: 10:30 a.m. to 1 a.m.

Sunday: Noon to 10 p.m.

Holidays: Noon to 8 p.m.

Red River Café Hours of Operation

Wednesday and Thursday: 4:30-10 p.m.

Friday and Saturday: 11 a.m. to 11:30 p.m.

Sunday and Holidays: Noon to 9 p.m.

Center to host steak burn

Students can bring their own steaks to the student center staff will cook it for them July 18 from 5 p.m. to 7 p.m. The center will provide the trimmings. For more information, call 6-2941.

Talent show contest to come to center

The center will hold a talent show contest July 25 from 7 p.m. to 9 p.m. Register by July 23. For more information, call 6-7659.

Chapel events

Sheppard chapels offer a variety of programs for student enrichment:

Saturday

All students are invited to the "Solid Rock Cafe" held each Saturday at the south chapel. Dinner is served at 5 p.m., and a variety of scheduled activities take place from 3-9 p.m.

Sunday

Students are invited to the north chapel at 5 p.m. on Sundays for Bible study, an informal get-together with refreshments and student-led music, ending with athletic activities at the north fitness center.

Community center events

Free table tennis classes offered

Free classes are held every Monday and Friday. Professional tournament instructors are available. For more information, call 6-3866.

Pool tournament

Pool tournaments are held every Saturday at 2 p.m. The fee is \$2 per person. There will be first- and second-place trophies. Call 6-3866 for more information.

Free video night

The community center has a free video night every night beginning at 5 p.m. on the big screen TV in the lounge on the second floor. People can watch a movie of their choice from a wide selection. For more information, call 6-3866.

Other events

Dining facilities celebrate birthdays with dinner

Students who are having a birthday this month and are on subsistence in kind are invited to celebrate their birthdays on the Friday of their choice for dinner. Contact the cashier to pick up a birthday card registration form. Students should indicate their entree choice and when they want to celebrate. Students can contact the dining facility manager/supervisor, or call 6-2080 for more information.



Photo by Airman Jacque Lickteig

Out on a wing

Airman 1st Class Jason Lowderman, an A-10 Avionics Communication, Navigation and Penetration Aids Systems course student, removes a wing tip sequencer switch as instructor Tech. Sgt. James Griffin looks on.



Photo by Airman Jacque Lickteig

Taking a break

Airman 1st Class Donald Hodges, a student from the 365th Training Squadron, and Airman Jerry Long, a student from the 363rd Training Squadron, get a drink of water after physical conditioning.

For movie show times and general activities at Services facilities, see Sheppard Scenes on Page 14.



Photo by Mr. T. R. Steele

Teeing it up

Tech. Sgt. Brian Thompsen gets ready to smash the ball July 2 during the Chief's Group Golf Tournament. More than 120 golfers turned out for the one-day event.

High-risk youth to DEFY odds

About 40 area youths are getting ready to learn how to defy the influences of life during a three-day program called Drug Educations For Youth beginning July 28.

Staff Sgt. Thomas Des Lauriers, point of contact for DEFY, said the program is geared toward "high risk" 9- to 12-year-old children in and around Wichita Falls and Vernon. The program is designed to keep children from choosing drugs or gang life.

"If we can reach out to these youths and be a mentor, I truly believe it will have a large impact on their future," Sergeant Des Lauriers said. "Sometimes it's the small things you do in a young person's life that can make all the difference."

DEFY is a unique, comprehensive and multi-phased program that reduces risk and strengthens protective factors

which research has directly linked to adolescent alcohol and drug abuse, school failure, delinquency and violence, he said. The program also builds up the child's ability to resist the pressures of getting involved with illegal drugs and gangs.

The program has three goals, Sergeant Des Lauriers said.

- Develop relationships between youth and positive adult role models.

- Deliver life skills training.

- Deter drug use and gang involvement.

It is important to reach the attendees at this critical age because it is when they could be influenced the most by pressure from peers.

"Let's face it, the primary exposure to high-risk behaviors are during the middle school years grade 7 to 9," Sergeant Des Lauriers said. "This is a great time in these youth's lives to encourage them to believe in

themselves and their futures."

The youths attending the program will participate in activities such as bowling, rock climbing at Elevator Rock, basketball and volleyball. They will also visit the 362nd Training Squadron for a flight deck tour, the Wichita Falls Police Department, Wichita County Courthouse and Wichita County Juvenile Detention Center.

A security forces demonstration dog will also perform for the children.

"This camp is structured to provide these youths quality training in a fun environment that will them with a lasting experience," Sergeant Des Lauriers said.

To learn more about the program or to get involved with high risk children, contact Sergeant Des Lauriers at 6-7029 or e-mail him at thomas.deslauriers@sheppard.af.mil.

100 Critical days of Summer

Tip of the week: Recreational safety involves three key factors

By Mr. Mike Lovell

82nd Training Wing Safety Officer

As summer continues, we will be involved in squadron and other off-duty sports programs, both team and individual. Prior to participating in these programs keep these three factors in mind:

Proper Preparation: Studies indicate that mishaps in sports are much more likely to happen to the occasional participant. Build up to strenuous activity gradually. Some activities require such items as eye,

knee, or elbow protectors, special footwear, or other types of specialized equipment. Know the proper operation and standards of sporting equipment and check the equipment prior to using it. (A broken bicycle chain isn't much fun when you're 30 miles away from home!)

Understand the Hazard: Team and individual sports all involve some inherent risks. People are knocked down, stepped on, hit by team members, or hit by objects used in the sport. Use mature judgment and proper precautions in com-

petitive sports. Also, some "natural hazards" may pose a problem (i.e., insect bites, poison oak or ivy, sunburn, even sudden thunderstorms). If, in spite of precautions, mishaps occur, prompt first aid or medical treatment can minimize the damage and help prevent complications.

Know the Limits: Pushing the body to the extreme is an open invitation to injury. The body must be given proper rest after a strenuous workout. Sore muscles, aches, blisters, sprains, and strains can take weeks or months to heal. All types of recreational sports have rules or

regulations designed for your safety. Follow the rules, use safety equipment, do not attempt what is beyond your skills or endurance, and use a common sense approach to leisure time activities.

With these three items in mind we can all enjoy a safe and injury free summer. As a reminder, if you are involved in a high-risk activity you are required to inform your supervisor and be briefed by appropriate unit personnel on the safety aspects of that particular activity or sport.

Want to quit smoking? Call the health and wellness center for information on smoking cessation classes at 6-4292.

Visit
www.af.mil
for up-to-date
news and
information
from
around the
Air Force.

Airmen honor parents with special pin

By Master Sgt. Scott Elliott

Air Force Print News

WASHINGTON — Your Guardians of Freedom, the Air Force's grass-roots outreach information and recognition program, has touched the lives of more than 200,000 parents of airmen, a Pentagon official has announced.

The program began in 2002 as a way for Air Force leaders to personally recognize the employers of reservists and guardsmen who were called to active duty to support operations Noble Eagle and Enduring Freedom. Employers who were nominated by their airman employees received lapel pins emblazoned with the Air Force logo and the letter "E," and a personal letter signed by the Air Force's senior leaders.

The recognition program expanded in May to include parents. Nominated parents received a letter and lapel pin with the letter "P." All active-duty, Air National Guard and Reserve airmen may participate in the program, officials said.

About 110,000 of the nearly 590,000 uniformed airmen have nominated their parents for recognition, according to Brig. Gen. Ed Tonini, program director.

"That's a huge number," he said. "We've gotten an excep-

tional reaction to the program from the individual airmen and incredibly emotional responses from their parents when they've received their letters and pins."

The general said the program was so well received in its first few days that technical overload initially hampered the project.

"There was such an onslaught of people signing up, so we had some problems," he said. "We jammed the Web site to where it was virtually impossible to get in."

The program also endured a short-lived identity problem, where some airmen mistakenly thought the program was a fraud because of its dot-com Web address.

"We are 'non-standard' in many ways," General Tonini said. "The standard Web sites people in the military are used to dealing with for official business is dot-mil, and we're dot-com. A lot of people thought this was a hoax, so we had to throw water on that fire quickly. This program has both the endorsement and full support of the secretary and chief of staff."

General Tonini brought a network administrator, Senior Master Sgt. Jack Gruber from the California ANG, to his team to work out the technical issues, and it has been

smoother sailing ever since, he said. Sergeant Gruber's responsibilities can be really daunting; the site was, for a time, one of the 300 busiest Web sites in the world.

"The site has had more than 29 million hits," General Tonini said. "That's pretty staggering. We're working with new technology — we're one of the first Air Force sites to use 'dot-net,' which is an Internet operating system that is very leading-edge."

A team of six people works the program, managing the technology and "customer service" liaison between the airmen who request pins and the parents who receive them — as well as the thousands of letters and pins sent to employers.

The program will soon inform family members, employers and community leaders during times of military deployment, General Tonini said.

"The overall YGOF program will be tied to air and space expeditionary force deployment schedules," he said. "When people are scheduled to deploy, we will press very hard to make sure they have the communications and outreach support they need in order to be successful."

"In its broadest terms, it's an outreach program," Gener-



The new Air Force Parent Pin

al Tonini said. "The message we give is, we consider each of the constituencies as our partners. We can't do our job without their support. They are full partners in the global war on terror."

The work is important because without support from the home front, deployed airmen face a domino effect of issues that may lead to those airmen separating from the service, General Tonini said.

"The program is working and it does what we were looking for it to do," he said. "We know there are parents out there who proudly wear the pin to church, the store or

meetings, and every other time they have an opportunity to brag on their son or daughter. That represents a swelling support for the work of the Air Force all over the world."

Airmen may request up to two parent pins and letters to be sent to either their parents or people they view as parental figures, General Tonini said. To participate in the program, visit www.your-guardiansoffreedom.com.

"Everyone has someone they want to recognize," he said. "The person who gets the pin will feel an amazing attachment to the work you do."

Syphilis, gonorrhea case numbers rise

By Airman 1st Class Brandy Solano

Base public health

If you think you are being careful or that this article may not apply to you, you might want to think again.

The Wichita Falls Public Health Department has just become aware of some scary facts.

There is a rise in gonorrhea and syphilis, two sexually transmitted diseases, in the Wichita Falls area, which does not exclude Sheppard Air Force Base.

For those who don't know, gonorrhea has some obvious symptoms (listed below) and the only good thing about it is that it is treatable.

As for syphilis, the symptoms are a little less noticeable, but it can also be treated. For gonorrhea, as well as many other STDs, you will usually see symptoms that affect the genital region or urinary tract, while syphilis can affect the entire body.

The best methods to avoid STDs are education, abstinence, monogamy and condom use. Condoms are available in the public health office located on the first floor of the hospital.

If you have any questions about STDs or would like more information, please call public health at 6-2374 or 6-5978 and speak with any public health technician.

Gonorrhea	Syphilis
Unusual discharge	Small reddish sores (early stage)
Burning when urinating	Body rash
	Can damage heart, brain and other organs

Sgt. Looksharp says...



Uniform clothing may be altered to improve fit. However, alterations must not change the intended appearance of garment as designed. Ref: AFI 36-2903, Table 1.2, Note 1.

If you have any questions, contact the 82nd Training Wing Standard Evaluation section at 6-6102 or e-mail them at [82 TRW/StanEval@sheppard.af.mil](mailto:82_TRW/StanEval@sheppard.af.mil).

New training command stands up, advances revolution in training

PENSACOLA, Fla. (NNS) — The Navy's Revolution in Training is marching forward with the establishment of a new command chartered with taking civilian volunteers and training them to become the future enlisted and officer professionals of the U.S. Navy.

The Naval Service Training Command officially stood up June 30 and aligns enlisted and officer initial training programs under a single command structure.

Commander Naval Training Center Great Lakes Rear Adm. Ann E. Rondeau is now the Commander Naval Service Training Command, and will oversee the critical mission of accessions training. The headquarters will remain at Naval Station Great Lakes, in the Chicago area.

"We are embarking on a new journey that will revolutionize every aspect of how we prepare our new Sailors, officer and enlisted, for the Fleet," said Rondeau. "We will continue to provide the most professional, highest quality training and education as we have in the past. The consolidation of all officer and enlisted initial training and education under one command will give us the unique opportunity to proceed to the next level, to ensure our future Navy is manned by warfighters ready and able to answer any challenge, any threat, anywhere."

NTC Great Lakes has historically managed basic training for enlisted Sailors, including Recruit Training, or boot camp, while staff members at the Naval Education and Training Command headquarters in Pensacola, have been responsible

for officer accessions programs such as the Naval Reserve Officer Training Corps and Officer Candidate School.

According to Commander, NETC Vice Adm. Alfred G. Harms Jr., this change is intended to make initial Navy training more effective and efficient by giving a single commander responsibility for curriculum development and resource management for the Navy's initial training programs. The change will also enable the sharing of best practices and allow for the consistent application of training policy across all programs.

"In the past, there was a greater distinction between officer and enlisted training," said Harms. "Today, it is critical that all of our Sailors, both officer

and enlisted, are highly educated and afforded the opportunity to develop professionally and personally. In fact, many enlisted Sailors become Naval officers at some point in their careers. It makes sense to have all of our entry-level training experts working together in the same organization."

Under the new structure, the following initial training programs report to NSTC:

- Recruit Training Command, Great Lakes, Ill.

- Transient Personnel Unit, Great Lakes, Ill.

- Naval Reserve Officer Training Corps programs at colleges and universities throughout the country

- Naval Junior Reserve Officer Training Corps programs at

high schools throughout the country, U. S. Territories, and at Department of Defense Dependent Schools overseas

- Officer Indoctrination School, Newport, R.I.

- Navy Chaplain School, Newport, R.I.

- Broadened Opportunity for Officer Selection and Training program, Newport, R.I.

- Naval Science Institute, Newport, R.I.

- Seaman to Admiral 21 program

Officer Training Command - Pensacola, a new command that will also report to NSTC, was provisionally stood up on February 10. OTC-Pensacola has responsibility for officer accession programs that were previously assigned to the Naval Avi-

ation Schools Command, Pensacola. The programs include Navy Officer Candidate School; Limited Duty Officer and Chief Warrant Officer School; and Direct Commission Officer School.

"Changing the way we do business can be challenging," said Harms. "And we're dealing with some of that as we proceed through this Training Revolution. This is a change that's very good for our Navy and for all Sailors, officer and enlisted. NSTC unites two great teams that will now function more effectively and efficiently, thereby creating a win-win situation for the Navy and its sailors." (*Courtesy of the Naval Education and Training Command Public Affairs.*)

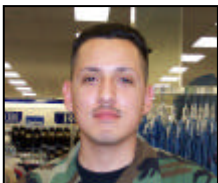
For a ride home after a night out, call Airmen Against Drunk Driving at 6-AADD.

Soundoff

Where was your favorite TDY?



*"Klamath Falls, Ore. at Kingsley Field, an Air National Guard base."
~ Lt. Col. Jeff Staples,
381st Training Squadron*



"Mildenhall air base in England." ~ SSgt John-Paul Wood, 16th Component Maintenance Squadron, Hurlburt Field



"Key West Naval Air Station in Key West, Fla." ~ 1st Lt. Jan Stahl, 90th Flying Training Squadron



"Lajes Field, off the coast of Portugal." ~ SSgt Karen Ericson, 882nd Training Support Squadron



Photo by Airman Jacque Lickteig

Deli-cious

Mr. "Big Ed" Williams, a cook at the officers club, serves a turkey sandwich from the new deli line at the officers club to Mr. Jim Hale, chief of 82nd Services Division. The deli line serves fresh white or wheat hoagie rolls with the customer's choice of salami, pastrami, turkey, ham and roast beef. They also have American, Swiss, provolone and cheddar cheese. For more information, call 6-6460.



Daily Programming

Sheppard Today ~ 6 a.m., noon, 5 p.m.

Air Force News ~ 6:30 a.m., 12:30 p.m., 5:30 p.m.

Navy/Marine News ~ 8 a.m., 2 p.m., 7 p.m.

Army News ~ 8:30 a.m., 2:30 p.m., 7:30 p.m.

Programming runs 24 hours on **TSTV Channel 14.**

Check out the detailed schedule at

www.sheppard.af.mil/82trwpa.

Friday

2 a.m. - AFEES presents: *Mr. Milan Boros*

7 a.m. - Air National Guard Mission and History

1 p.m. - Safety Hour

Saturday

5:30 a.m. - Human Video

9 a.m. - Dr. Jim Lundy; Communicating for Understanding

3 p.m. - Leadership Breakfast with Mr. Jim Hale

Sunday

10 a.m. - AFEES presents: *Mr. John C. Rucigay*

4:30 p.m. - Operation Rescue

9:30 p.m. - AFEES presents: *Mr. Howard R. DeMallie*

Monday

4:30 a.m. - Making of an Air Force Recruiter

11:30 a.m. - AFEES presents: *Mr. Kenneth A. Brower*

6 p.m. - AFEES presents: *Mr. Warren E. "Bud" Loring*

Tuesday

7 a.m. - ANG Mission and History

4 p.m. - The History of Air Power

8 p.m. - Safety Hour

Wednesday

9 a.m. - Dr. Jim Lundy; Communicating for Understanding

9:30 p.m. - AFEES presents: *Mr. DeMallie*

10:30 p.m. - Heloise on Life and the Military

Thursday

4:30 a.m. - Making of a Recruiter

10:30 a.m. - The History of Air Power

11:30 p.m. - AFEES presents: *Mr. Floyd M. Carl*

To make suggestions or to submit a unit video to **TSTV Channel 14**, call **6-2732** or e-mail TSTV@sheppard.af.mil.

General activities

Ceramics shop open for summer hours

The ceramics shop is open for summer hours. All the materials needed to start creative projects and free lessons are available.

More than 2,500 craft projects are available with a variety of paints, glazes and supplies. The ceramics shop is located in Bldg. 832, the Health and Wellness Center building.

Summer hours of operation are Wednesday-Friday from 11 a.m. to 8 p.m., Saturday from 10 a.m. to 5 p.m., and Sunday from noon to 5 p.m. For more information, call 855-0118.

Give Parents a Break program to kick off July 19

The child development center is scheduled to host the Give Parents a Break program July 19. The program offers free childcare to parents whose spouses are deployed, on remote tours, on extended temporary duty assignments and parents who have extended working hours. Referrals must be made by the member's commander, first sergeant, family advocacy personnel, chaplains, child development personnel or family support center personnel. For more information, call 6-2038.

Youth center to host Parent's Night Out

The youth center will offer nighttime care for children ages 5 through 12 from 6 p.m. to 11 p.m. for \$5 per hour. Register at the youth center by Tuesday. For more information, call 6-5437.

Club activities

Officers club has daily lunch specials

The officers club has daily lunch specials Monday through Friday. Cost is \$5.95 for members and \$7.95 for non-members. Membership pays!

On Mondays, they serve a country lunch. Tuesday is Italian. Wednesday is Texas style. Thursday is Mexican, and Friday is seafood. Call the officers club at 6-6460 for more information.

Enlisted club offers darts, cards, dominoes

The enlisted club offers a variety of activities every day. Darts, cards, dominoes and pool are available every day. Also, a video game system is available every night to play in the

sports bar. For more information, call 6-2083.

Enlisted club to hold Latin night

The enlisted club is scheduled to have a Latin night Saturday from 9 p.m. to 1 a.m. in the main lounge. For more information, call 6-2083.

Officers club to host Mongolian barbecue night

The officers club will host a Mongolian barbecue night Thursday from 5:30 p.m. to 8 p.m. They will serve chicken, pork and beef. The cost is 45 cents per pound. For more information, call 6-6460.

Enlisted club to host Oldies but Goodies night

The enlisted club will host an Oldies but Goodies night July 19 from 9 p.m. to 1 a.m. Listen to songs from the past. Call 6-2083 for more information.

Enlisted club to host family night

The enlisted club is scheduled to host a family night July 24 from 5 p.m. to 8 p.m. There will be a buffet, prizes and games. The cost is \$5.95 for members, \$7.95 for nonmembers. Membership pays! The cost for children from 5 to 12 years old is \$2.95. Children 4 and under eat free. For more information, call 6-2083.

Enlisted club to host comedy night

The enlisted club is scheduled to host a comedy night July 18. "Ms. Vickie" and "Big Sean" from Lone Wolf Entertainment will perform. Doors will open at 8 p.m., and the show starts at 9 p.m.

Upcoming trips, show ITT planning upcoming trips in July

ITT is planning several trips for the month of July. Call 6-6210 for more information about any of these trips.

July 19 – Frontier City Theme Park. Cost is \$45 per person. Register by Tuesday. Departs at 8 a.m. from the community center. It will return to base at 8 p.m. The tour includes round-trip transportation and theme park admission.

July 26 – Harbor Water Park. Cost is \$43 per person. Register by July 21. Departs at 8 a.m. and returns at 8 p.m. The trip includes round-trip transportation and admission to Hurricane Harbor in Arlington, Texas.

At the Flicks

Friday 4:30 p.m.

Bruce Almighty

Friday 7 p.m.

The In-Laws

Saturday 2 p.m.

Finding Nemo

Saturday 4:30 p.m.

Bruce Almighty

Saturday 7 p.m.

The Italian Job

Sunday 2 p.m.

Finding Nemo

Sunday 4:30 p.m.

The Italian Job

Thursday 6:30 p.m.

The Italian Job

This schedule is subject to change without notice.

For movie information, call 6-4427.

Finding Nemo (G) – Animated – Marlin and his son, Nemo, become separated in the Great Barrier Reef when Nemo is taken from home and thrust into a fish tank. The father embarks on a dangerous trek and finds himself the unlikely hero of an epic journey to rescue his son.

The Italian Job (PG-13) – Mark Wahlberg, Edward Norton, Charlize Theron – By creating a massive traffic jam in Los Ange-

les, a master thief plans to steal back the gold stolen from him after he originally stole it in Venice, Italy.

Bruce Almighty (PG-13) – Jim Carrey, Morgan Freeman – At the end of the worst day in his life, Bruce angrily ridicules and rages against God - and God responds. He appears in human form and challenges Bruce to take on the big job and see if he can do it any better.

Chapel Schedule

Student programs

Tuesday, 11 a.m. and 4:15 p.m., chapel rope meeting, North Chapel

Saturday, 4 p.m., Solid Rock Cafe, South Chapel

Saturday, 4 p.m., Marriage Group, South Chapel

Sunday, 5 p.m., Sunday Evening Gathering, North Chapel

Catholic activities

Mass

Saturday, 5 p.m., confessions at 4 p.m., North Chapel

Sunday, 9 a.m., North Chapel

Sunday, noon, North Chapel

Mon.-Fri., 11:30 a.m., North Chapel

Reconciliation

Saturday, 4-4:30 p.m., North Chapel

Protestant activities

Worship services

Sunday, 10:30 a.m., Inspirational Gospel Service, South Chapel

Sunday, 10:30 a.m. Protestant Community Service, North Chapel

Sunday, 10:30 a.m. Protestant Holy

Communion Service, Hospital Chapel

Religious education

Sunday, 9 a.m., classes for ages 3 to adult, Bldg. 962

Bible studies

Tuesday, 6:00 p.m., Protestant Bible Study, South Chapel

Thursday, noon, Protestant Bible Study, South Chapel

Thursday, 7:00 p.m., Protestant Women of the Chapel, Bldg. 962

Saturday, 6:30 a.m., Protestant Men of the Chapel, South Chapel

Second Saturday of month, 8 a.m., Protestant Men of Chapel breakfast

Lay-led faith groups

Islamic activities, Friday, 1:45 p.m., South Chapel

Jewish activities, call Maxine Simpson, House of Jacob Synagogue at 322-4177

Latter Day Saints, Sunday, 2 p.m., Hospital Chapel

Mystic Grove Pagan Study Group, Wednesday, 6:30 p.m., Bldg. 962, call Kalista at 6-4370

Buddhist activities, call 6-4370.

For more information, call the base chapel at 6-4370

Centennial of flight:

This week in air and space history

July 1940 - Maj. Oscar Beal and Lt. Joe A. Miller from Chanute Field, Illinois, landed at Kell Field to refuel. They were on a cross-country tour to survey the country for possible training schools for the Army Air Corps.

July 5, 1927 - First meeting of the Society for Space Travel was held in the parlor of an ale house in Germany. Mr. Hermann Oberth inspired the formation of the group.

July 5, 1988 - Pioneer 10 radio signals took more than six hours to reach Earth.

July 5, 1989 - The first moon of Neptune was discovered by Voyager 2.

July 6, 1938 - Lysithea, the 10th moon of Jupiter, was discovered.

July 6, 1979 - Newspapers reported that Skylab was about to fall.

July 7, 1914 - Mr. Robert Goddard received a patent for the two-stage rocket.

July 7, 1981 - Solar Challenger flew 163 miles across the English Channel from Paris to England.

July 7, 1988 - Soviet Mars probe, Phobos 1, was launched. Radio contact was later lost as a result of a telemetry error.

July 8, 1933 - Mr. Karl Jansky began the science of radio astronomy.

July 8, 1940 - The first flight of the Boeing Stratoliner, the first airliner with a pressurized cabin. This allowed the plane to fly up to 20,000 feet, avoiding turbulence.

July 9, 1979 - Voyager 2 made its closest approach to Jupiter.

July 9, 2001 - The X-35B completes its first airborne transition from propulsion



mode to conventional mode, completing a supersonic mission on the same flight.

July 10, 1962 - First demonstration of world-wide television by Telstar-1.

July 11, 1979 - After 34,981 orbits, Skylab re-entered the Earth's atmosphere. It landed in the ocean and part of Australia and broke up. Chicken Little became Skylab's mascot, appearing on Skylab crash helmets.

July 11, 1989 - Voyager 2 was 2.66 billion miles from Earth.



Photo by Airman Jacques Lickteig

Check one, two

Mr. David Voyles, lead aircraft mechanic at the 80th Flying Training Wing, does a pre-flight check on a T-38 aircraft. Civilian-contract crew chiefs like Mr. Voyles assist pilots with pre-flight checks before each flight in to make sure the plane is prepared for the flight.

Sheppard Spotlight: 15 lines of fame

1. Name: Kristina Cline
2. Rank: Senior airman
3. Organization and position: 82nd Communications Squadron Commander's Support Staff
4. Hometown: Aurora, Colo.
5. Married or single (include your family if you'd like): Single, but attached.
6. Hobbies/favorite thing(s) to do in your free time: Go to the movies, shop, and hang out.
7. Funniest childhood memory: My brother and I were racing our bikes around the block. He was making fun of me because he was winning, but when he turned around he ended up hitting a parked car in the street. He didn't get hurt, but it was funny.
8. Why did you join the Air Force? I joined the Air Force to make something of my life

and travel.

9. Why do you stay in the Air Force? The Air Force fits me. I like the educational benefits and security it offers. Overall, I just like being in the military.
10. Date Arrived at Sheppard: Nov 5, 1999.

11. Most rewarding aspect of your job: I like knowing I helped someone.

12. Favorite book or movie: "The Wizard of Oz."

13. What is your dream vacation? A cruise around the world.

14. If you could be anyone for one day, who would you be? I would be someone tall, since I'm only 5 feet tall. That way I could see the world from a different view.

15. Most prized possession: The blanket my mom made for me when I was a baby.



Senior Airman Kristina Cline

Sheppard members train for marathon

By Airman Jacque Lickteig

Base public communication

A group of Sheppard members has been training recently to run in the Air Force Marathon at Wright-Patterson Air Force Base, Ohio, Sept. 20.

Capt. Edward Aguilar, Tech. Sgt. David Lanning and Staff Sgt. Adinah Kimbley, from the 82nd Communications Squadron, are three of 17 people from Sheppard who have been training for three months for the event.

Sergeant Lanning organized the training sessions.

"I trained for a marathon with a group at Tinker Air Force Base, Okla. I wanted to do it again here and get as many people involved as possible," he said.

The training involves running three to five miles five days of the week. One day a week consists

of a longer run.

Currently, the group runs 12 miles for the long run. The distance will increase as the training progresses.

The group doesn't train all together. Usually, smaller groups of three or four run together for the short-distance runs.

For some members of the group, like Sergeant Kimbley, this is the first marathon they've trained for.

"I ran track in high school, but I didn't run more than half a mile at a time," she said.

She said training with other people has helped her a lot. It motivates her to keep going when she's fatigued.

Her goal is to finish the marathon without stopping to walk.

For others, this marathon will be their third or fourth.

Captain Aguilar has run in three other marathons.

He said he enjoys training hard because he knows he will be able to finish the marathon when he runs it. He hopes to finish the marathon in less than five hours.

Sergeant Lanning has run in two other marathons. He said his goal is to finish the marathon in around four hours.

He said the most motivational part about training in a group is to see other people accomplish and exceed their goals.

They all agreed that with the proper training, motivation and dedication, anyone can run a marathon.

Sergeant Lanning said the lesson he has learned from training for marathons is anything is possible with dedication.



Photo by Airman Jacque Lickteig

Senior Airman Richard Cardenas, 82nd Medical Operations Squadron, and Tech. Sgt. David Lanning, 82nd Communications Squadron, run six miles as part of their training for the Air Force Marathon.

Sports Shorts

Community center to host table tennis tournament

The community center is scheduled to host a table tennis tournament on Saturday at 5 p.m. The fee will be \$2 per person, and the first and second prize winners will be awarded with trophies. For more information, call 6-3866.

North lanes to rock, bowl Friday, Saturday nights

A glow-in-the-dark Rock It Bowl takes place every Friday and Saturday night from 5-11 p.m. at the north lanes. For more information, call 6-4806.

Fastlanes Bowling underway at south lanes

Base bowling center customers have the opportunity to participate in a "Scratch 'n Win" game until Aug. 14. Call 6-2170 for more informa-

tion.

South bowling lanes to have no tap tournament

A no tap tournament will be at the south bowling lanes Saturday at 7 p.m. The cost will be \$13 per person. For more information, call 6-2170.

Skeet range offers skeet lessons

Skeet lessons are available at the trap and skeet range. Beginners to advanced shooters are welcome. Experienced range attendants are on hand. For more information, call 6-4141.

Spinning classes held at fitness center

The north fitness center holds spinning classes. Classes are held Monday, Tuesday, Wednesday and Thursday at 11:30 a.m. and 4:30 p.m. For more information, call the north fitness center at 6-6336.

Be smart. Stay safe.
Don't drink and drive.

Intramural Softball League Monday and Wednesday Schedule

Monday

- 6 p.m. 365th Training Squadron vs
82nd Communications Squadron (A)
- 6 p.m. 366th Training Squadron (A) vs
360th Training Squadron
- 7 p.m. 361st Training Squadron vs
82nd Civil Engineer Squadron (A)
- 7 p.m. 381st Navy vs 366th TRS (B)
- 8 p.m. 366th TRS (B) vs 82nd CES (A)

Wednesday

- 6 p.m. 365th TRS vs 360th TRS
- 6 p.m. 82nd CS (B) vs 82nd CES (A)
- 7 p.m. 82nd CS (A) vs 381st Navy
- 7 p.m. 366th TRS (B) vs 82nd CES (B)
- 8 p.m. 366th TRS (A) vs 361st TRS
- 8 p.m. 366th TRS (B) vs 82nd CS (B)

Intramural Softball League Tuesday and Thursday Schedule

Today

- 6 p.m. 82nd Civil Engineer Squadron (B) vs
382nd Training Squadron
6 p.m. 363rd Training Squadron (B) vs
80th Flying Training Wing
7 p.m. 382nd TRS vs 80th FTW
7 p.m. 363rd TRS (A) vs 82nd Medics
8 p.m. 82nd Training Wing vs
80th Operations Support Squadron
8 p.m. 82nd Security Forces Squadron vs
364th Training Squadron

Saturday

- 6 p.m. 363rd TRS (A) vs 82nd CES(B)
6 p.m. 364th TRS vs 80th FTW
7 p.m. 82nd Medic vs 82nd Mission Support Squadron
7 p.m. 82nd TRW vs 80th FTW
8 p.m. 382nd Training Squadron vs 80th OSS
8 p.m. 82nd SFS vs 82nd TRW

Wednesday

- 6 p.m. 382nd TRS vs 364th TRS
6 p.m. 82th MSS vs 82nd Medics
7 p.m. 363rd TRS (A) vs 80th FTW
7 p.m. 82nd Medics vs 82nd CES (B)
8 p.m. 82nd SFS vs 363rd TRS (B)
8 p.m. 82nd MSS vs 82nd CES (B)

Student Intramural Softball League Schedule

Monday

- 6 p.m. 882nd Training Group vs 362nd TRS
7 p.m. 360th Training Squadron vs 366th TRS (B)
8 p.m. 363rd TRS vs 361st TRS

Tuesday

- 6 p.m. 366th Training Squadron (B) vs
365th Training Squadron
7 p.m. 364th Training Squadron vs 363rd Training
Squadron
8 p.m. 361st Training Squadron vs 362nd Training
Squadron

Thursday

- 6 p.m. 362nd TRS vs 360th TRS
7 p.m. 365th TRS vs 361st TRS
8 p.m. 366th TRS (B) vs 364th TRS

July 22

- 6 p.m. 882nd TRDG vs 361st TRS
7 p.m. 366th TRS (A) vs 360th TRS
8 p.m. 365th TRS vs 364th TRS

Get fit today. Visit the north, south or main fitness centers for a variety of equipment and classes plus the pros with the know-how to help you get in shape.

Base pools now open for summer

Swim season is now underway. Base pool passes are on sale at Bldg. 2117. Passes for individuals cost \$35, and family passes cost \$65. Call 6-4141 for more information.

Daily fees:

16 years and older – \$2 per person
4 - 15 years – \$1 per person

Pool hours:

Main pool

Monday - Friday – 1 - 7:45 p.m.
Saturday and Sunday – noon - 7:45 p.m.

North main closed on Tuesdays

South main closed on Thursdays

For more information, call 6-6494.

Bunker Hill water park

Thursday - Tuesday – noon - 7:45 p.m.

Wednesdays – closed

For more information, call 6-4161.

Capehart pool

Saturday - Wednesday – noon - 7:45 p.m.

Thursdays and Fridays – closed

For more information, call 6-4281.

Water aerobics:

Monday, Wednesday and Friday – noon, 5 and 6:15 p.m.

Call 6-7491 for start dates.

Lap swimming:

Now - Sept. 26, Monday - Friday – 10:30 a.m. - 12:45 p.m.

Do you have a sports story or idea for a sports story you'd like to see in *The Sheppard Senator*? Submit it to sheppardsenator@sheppard.af.mil.

Aerobics schedule

The aerobicercenter, located in the south fitness center, offers coed aerobics classes seven days a week. Call 6-2972 for more information.

Abdominal class

Monday, Wednesday and Friday at 11 a.m.
Monday-Friday at 8 p.m.

Step aerobics

Tuesday and Thursday at 5:30 a.m.

Body pump

Tuesday and Thursday at 9:15 a.m.
Thursday and Saturday at 11:30 a.m

Yoga and pilates

Monday and Wednesday at 10:15 a.m.
Wednesday at 5 p.m.
Thursday at 6 p.m. Saturday at 3 p.m.

Step/Floor

Monday, Wednesday and

Friday at 9:15 a.m.

Basic step

Monday, Wednesday and Friday at 7 p.m.,
Sunday at 2 p.m.

Intermediate step

Saturday at 10:15 a.m.,
Wednesday at 6 p.m.

Advanced step

Monday, Tuesday 5 p.m.

Combo step

Monday, Wednesday and Friday at
11:30 a.m.

Kickboxing

Tuesday and Thursday at 7 p.m.
Sunday at 3 p.m.

Aerobics

Monday at 7:15 a.m.



Courtesy photo

Standing tall

Lavar Plummer, Bart Jingst and Roy Blount, Sheppard members, pose before their 13th football game of the season. They played on the undefeated Wichita Falls Drillers team. The team scored 451 points and allowed only 41 points throughout the season.

Sheppard member appointed as summary court officer

A 365th Training Squadron member has been appointed as summary court officer for a deceased Sheppard member's estate.

1st Lt. Ashley Cannon is summary court officer for Airman 1st Class Derick Dunaway, 365th TRS.

All claims for or against the deceased's estate must be submitted to Lieutenant Cannon. For more information, call 6-5469.

To place an ad in *The Sheppard Senator*, call 761-5151.